I: Liberia E-5 (1926-27 1935 FYS Tanala FYS

extremely fond of grease and sweet things of all sorts, but seem to 2.6d
have little taste discrimination. All their cookery is simple and the
main thing they require of a meal is quantity.

Although the native food is simple and not very varied, their 1.46 ●
ration seems to be well balanced. There are no diseases of malnutri-
tion and I did not see a single rachitic child among natives who
adhered to their primitive diet.

ALCOHOL AND NARCOTICS

Beer, called *betsabetsa*, has been used by the Tanala since pre- 2.75
historic times. It is usually made from a mixture of honey and water,
but the natives also employ sugar cane juice, bananas, sweet potatoes
and anything else with a high sugar content. The mixture is allowed
to stand in open jars for a few days, until it ferments, and then
drunk before it turns sour.

Rice beer was made in ancient times, but it is now obsolete and
I could not learn the process of manufacture. There are some indi-
cations that it was formerly used in ceremonies and sacrifices very
much as rum is used at the present time. It is said to have been
somewhat stronger than the modern beer.

Most of the native beer is so mild that it is impossible to become
intoxicated upon it. It is of little importance in the native diet and
there is nothing comparable to the regular beer drinking one finds
among the African tribes. Women occasionally make it for their
families, as a treat, and quantities of it are prepared for feasts, but
a household may go for weeks without having any.

The manufacture of rum (*toaka*) was probably learned from [171]
Europeans, but it has been in use for at least a hundred and fifty
years. It is distilled from beer of any sort although honey beer and
sugar cane juice are preferred because of their greater alcoholic
content. Pieces of astringent bark are usually steeped in the beer
before it is distilled, to give the rum more flavor. The still consists
of a large jar with a tight-fitting cover. In one side of the cover
there is a small hole in which a long section of bamboo, or an old
gun barrel, is inserted. The joints are sealed with clay.

Rum is regularly offered to the gods and ancestors and is also [782]
a prescribed part of the fees paid to medicine-men, the gifts given to [951]
witnesses of adoption, blood brotherhood, etc. Good rum is as color-
less as water. At the present time, clear glass bottles are in great
demand among the Tanala, who will pay two or three times as much
for them as for colored glass. These are used as containers for cere-